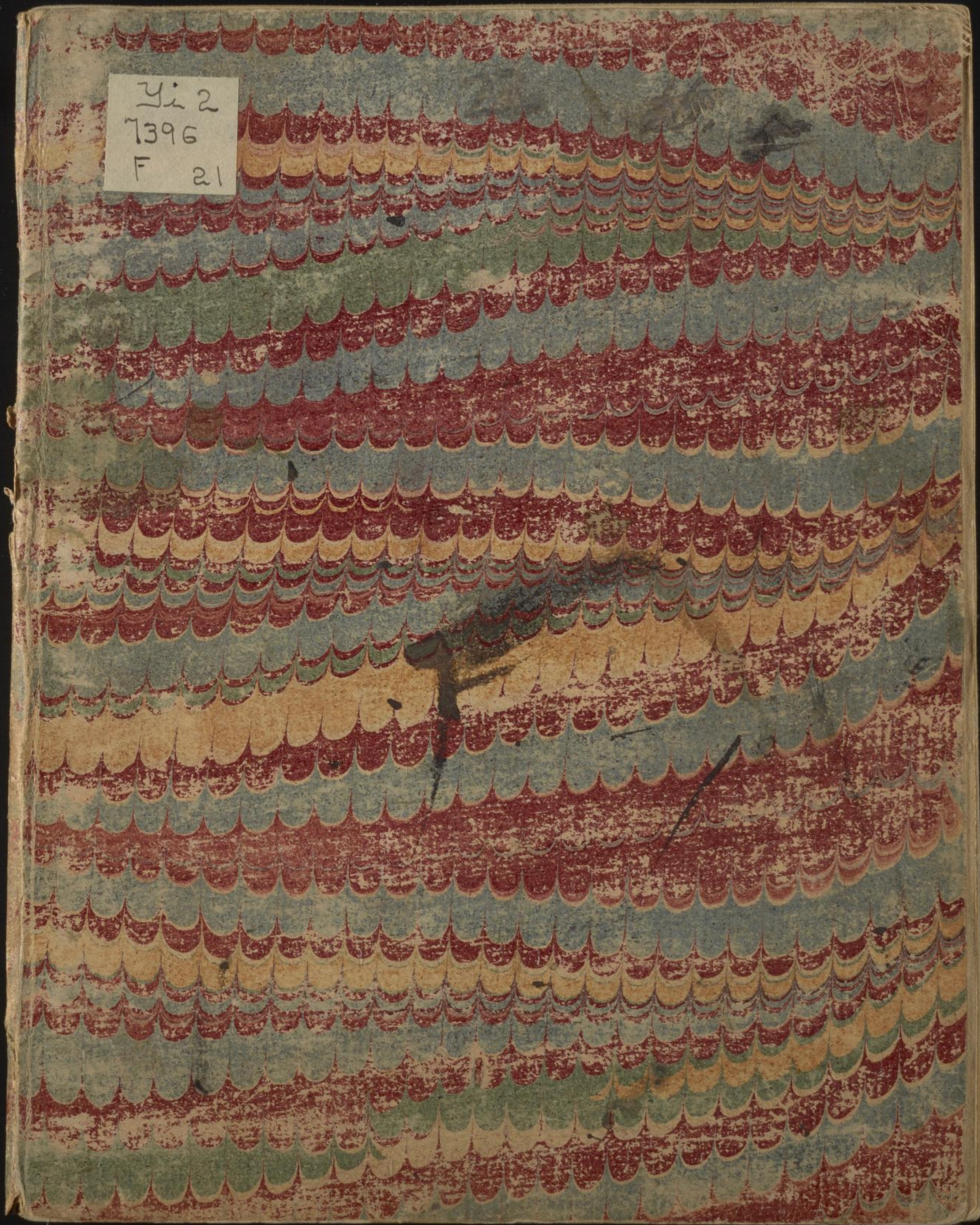
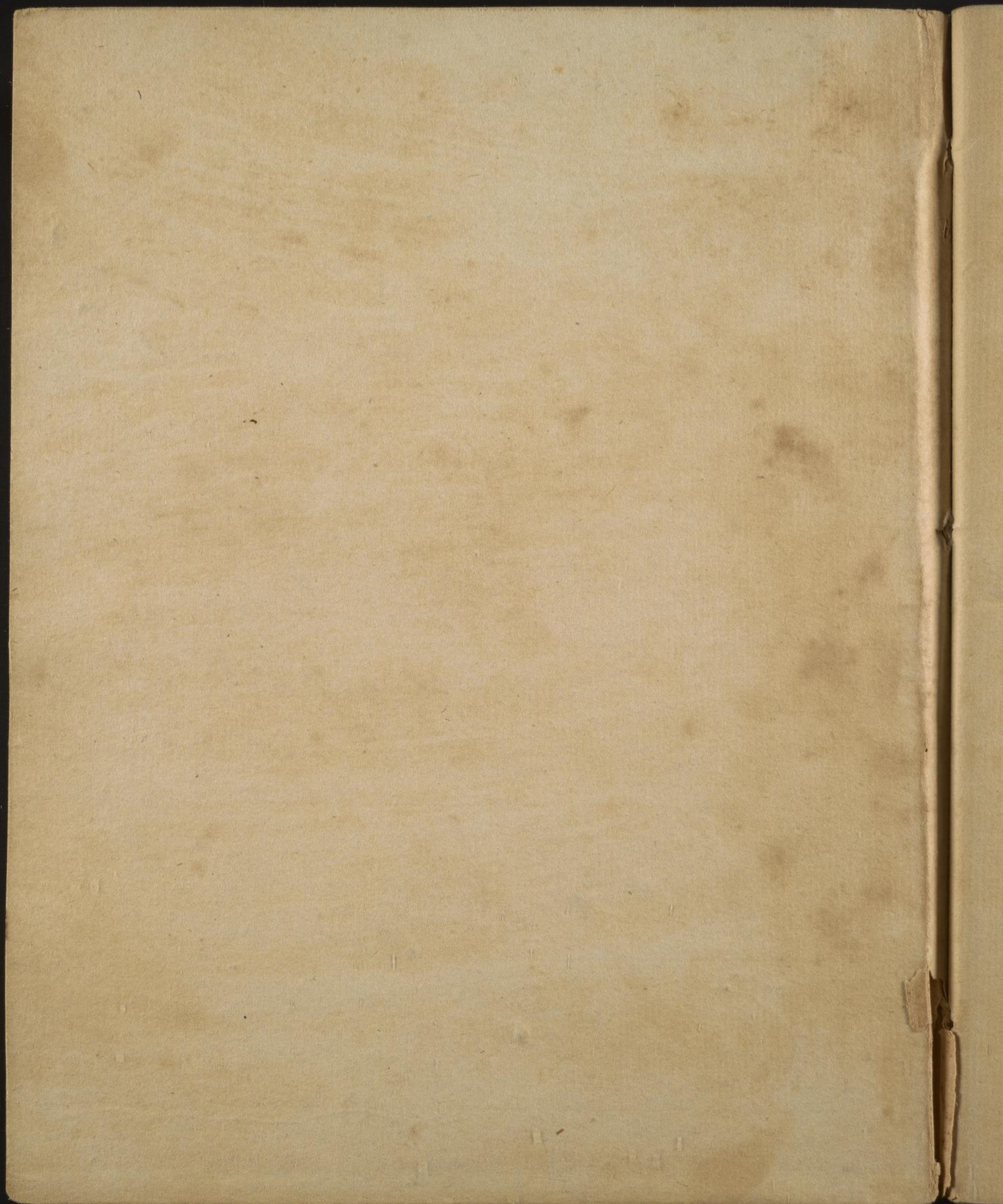


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F 21





Plummet — modes of
preparing it &c from 181 to 196

Effects of Condiments 196

— Coffee — 204

— Drinks — 208

2 Swallowing food without sufficient
mastication. This is called Bothing.
 I have known it lay the foundation
 for Dyspepsia, and other distressing
 diseases. — Persons are led to it from
 drinking health ^{from} conversation —
 from Absence of mind ^{or} from being obliged
 to eat in a hurry. The famous poet Ariosto
 died of Dyspepsia ^{this} ^{was} ^{induced} ^{by} ^{Absence of mind,}
^{for he was in the 59th year of his age.}
 W & The preparation of food. It is more

or less wholesome according as it ^{has}
 has been kept a longer or shorter
~~time. Flesh eaten too soon after~~
 time. Flesh eaten too soon after
 it is killed is hard of digestion. Flesh
 kept till it is tainted is apt to produce
 Dysentery and putrid fevers. Raw
 or half wasted flesh — also raw &
 half prepared vegetables of which
 require the fire, are ^{both} unwholesome.

who died after eating a large meal of
them ^{stop} [The white - is converted into a stony
matter by lying a few weeks in a dry closet]
Vegetables in like manner when tending
to putridity are unhealthy. Epidemics
I have said
are ascribed by Huxham to bad grain.
- In keeping an acc^t of Epidemics always
mark the quality, and quantity of the
grain -
fruits &c produced each year. They have
~~also~~ ^{noted} Potatoes ~~produced~~ ^{producing} ~~fever at~~
a great influence on Diseases. Bread half
~~Testate~~
prepared or baked produces colic, and in
one case asphyxia for 3 days. Geo. Fox's
case. Rotted Cheese produced the apoplexy
in Cha' Meredith. —

182

~~Too much fast~~

3 Food sometimes produces Diseases
the wholesome
from being taken at too long inter-
vals. The system is vibrates into too
distant extremes of Action & Debility
in consequence of the Alternates

fasts and depletion of the stomach.
members of Congress but accustomed to fasting from
& till 3 or 4 o'clock are often disordered by it.

4 The influence of food when offensive
from its quantity or quality is greatly

varied by different degrees of exercise.

An excessive quantity of ^{food, or} animal

food wholly animal, may be unde-

red in offensive by constant labor,

and a diet consisting wholly of
vegetables may be rendered less

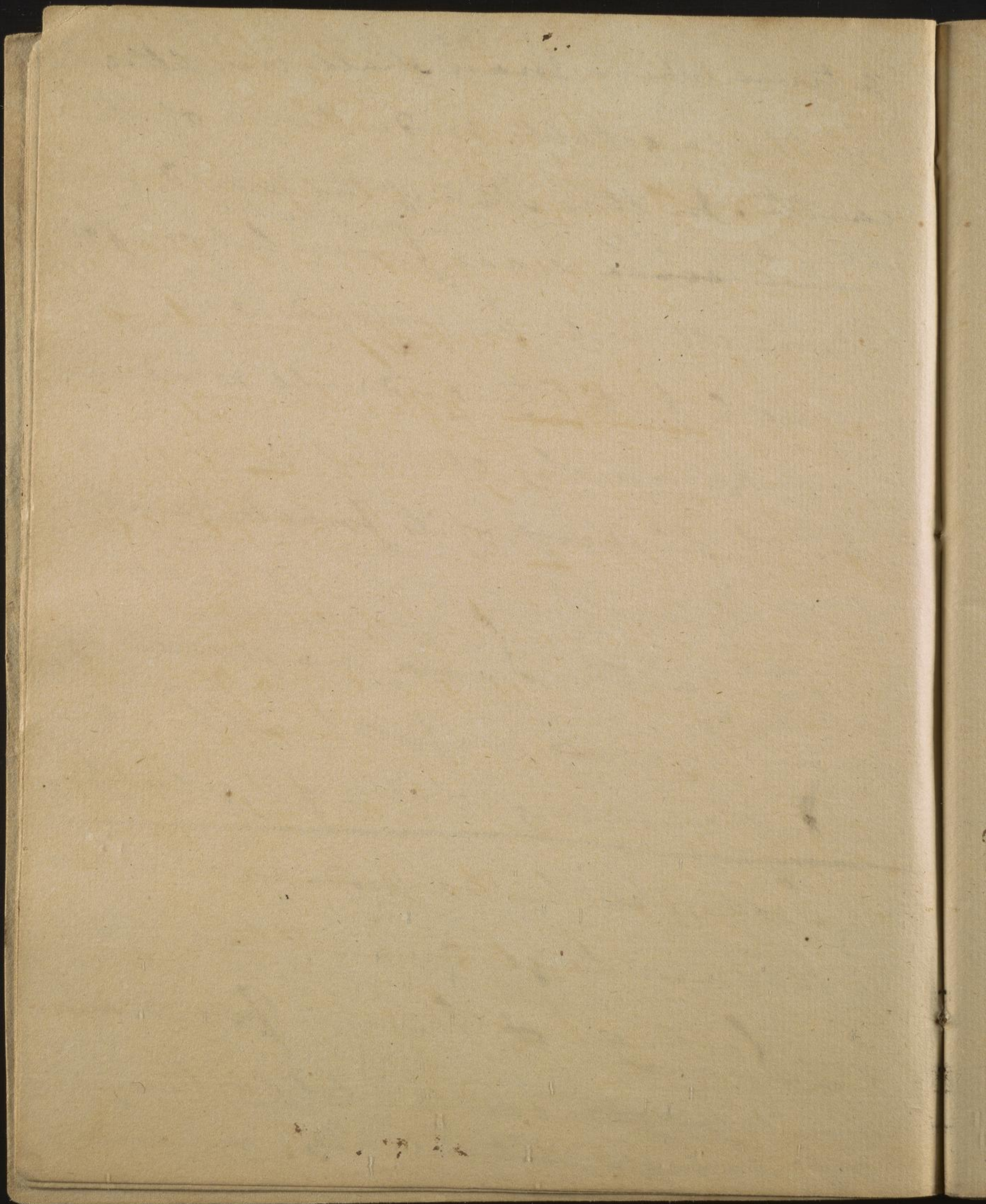
unhealthy by a life of inactivity.

Some Divines & Philosophers look for

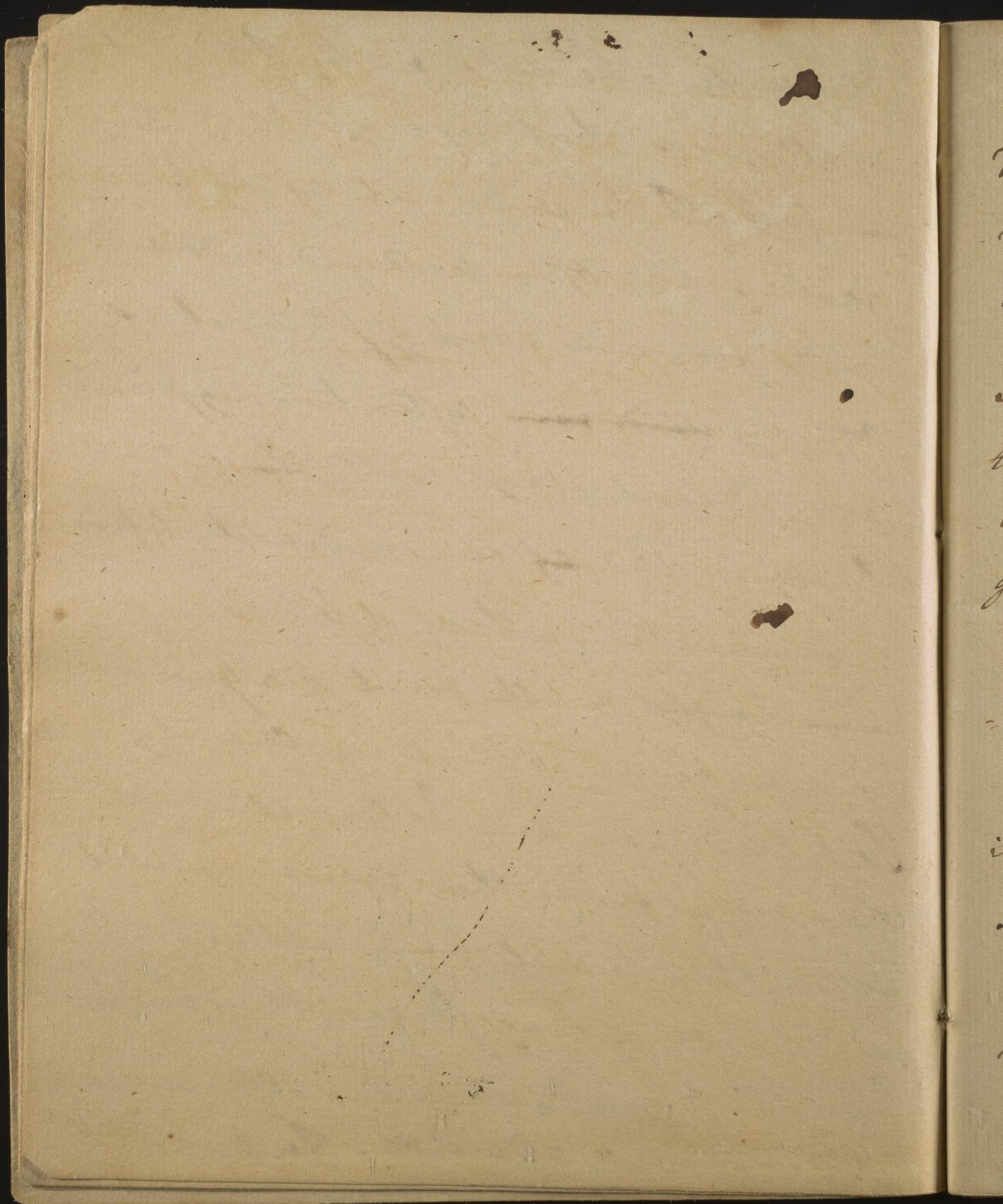
28.
V more especially as these vegetables
will probably approach by new
modes of culture in strength &
nourishment to animal food.

a time when man shall live altogether
 on the vegetable productions of the
 earth. In this state of the world, man
 they say will ^{in a great degree} ~~cease~~ cease from labor, for
 the earth will be restored to its pri-
 mordial fertility, and will produce
 spontaneously all that is required
 for the support of its inhabitants.
 If the latter change should happen
 to our earth, I ^{it is probable} ~~have no doubt~~ of
 man ^{may} enjoying perfect health upon
 a diet consisting wholly of Vegetables,

4 Food of all kinds produces diseases
 if taken in large quantities after
long fasting. It ~~harm~~ ^{harm} said ~~accu-~~
 -mulates the excitability of the system
 by inducing ~~direct~~ debility, and renders



it liable to be ¹⁸⁴acted on by stimuli
of all kinds, but by none so much
as food. A large meal after long
fasting has often produced sudden
death from its excess of stimulus.
A man ~~died~~ after having pined
for several days with the apoth's
hunger, died ~~of~~ immediately after
having eaten a loaf of bread which
he bought with part of a guinea
which was given to him in charity. —
Pulverianians & Cornabscents
often suffer from this cause. especially
when they travel for health. In the
intervals of long stages, they become
very hungry, and generally overeat
themselves afterwards. To avoid this



we should 185 always
evil, ~~never~~ ^{not} in ~~all~~ chronic
diseases to advise my patients to
make five or six, instead of three
or four meals in a day.

5 The sudden transition from animal
to vegetable diet, or from vegetable to
animal, ^{food} often produces ^{& sometimes} great debility, & violent diseases.
The good effects of a vegetable diet, ^{in preparing the body for the small} in weaning
the system, and thereby lessening the dispo-
sition of the ^{heart &} Arteries to be excited into a
violent fever. But to produce these effects
it is necessary that the change should be
sudden. I am so satisfied of the truth
of this remark, that I never permit
my patients to change their diet till the
day of their inoculation. ^{of diet} One effect
from this change is universal ~~that~~

154
v Mr Bruce fainted from the smell of ani-
mal after living two months on a scanty
veg: diet in the deserts of nubia, and I
have known several members of
a family who after being dieted 8 days
on the small port, fainted at the
smell of animal food. Mr Westrich's
family. Mr Bligh was intoxicated
after his sufferings ^{from famine} at sea by eating an
oyster, & Dr Prival mentions the case
of a young physician who after 3 days fasting
was intoxicated from taking a little brandy.

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in this city

when men are sent to jail, ~~where~~ and
 that is costiveness. Perhaps the distress of
 mind produced by confinement may help
 to bring on this costiveness. A change
 from vegetable to animal diet is produ-
 -tive of still worse diseases. In the jour-
 -nal of medicine for August 1760 there
 is an account of a man who after
 living 30 days on vegetable food was
 thrown into a phrenzy & convulsions
 by eating animal food. The most dan-
 -gerous relapses in fevers are often indu-
 -ced by eating a small quantity of meat
 by convalescents after living two or three
 weeks on the vegetable foods which
~~are~~ constitute the usual food of sick
 people. [It ^{was} ~~is~~ to prevent ^{diseases} ~~diseases~~ of
^{the}

The changes in all other cases except
in preparing the body for the small pox sh.
be gradual.

V I beg your Attention to these facts.
They have been applied very improperly
to diet in the treatment of Chervic
diseases. After the prohibition of animal
food for weeks, or months ~~the~~ a very
small quantity of it induces distressing
convulsions in the stomach & often
in the whole system. The convulsions
are ~~of course~~ induced by relative circumstances
only - that is by the novelty of the animal
food, and a change in the gastric juice &
exit of the stomach which ^{indisposed} ~~indisposed~~
it to receive its former natural and
agreeable. The same, or a greater

every kind from this cause, that I
~~formerly~~ ^{formerly} advised my patients after they
 recovered from the small pox to return
 gradually to the use of animal food. ✓

✓ 6 Diseases are often induced by an
 improper mixture of Aliments. There
 appears to be a natural & habits begets
 an artificial Affinity of Aliments to
 each other. ~~but~~ For an Account of
 my Opinions on this Subject I refer
 you to ^{an essay in} my Volume of inquiries and
 Observations. — It is a fruitful Source
 of diseases. — Men in good health feel
 less inconvenience from an improper
 mixture of Aliment in the stomach,
 but convalescents & weakly people
 suffer greatly from it; ^{the the?} I therefore

Quantity of animal food would have
been inoffensive had it not been abstracted
previously from the stomach. Mistaken
by not attending to this circumstance,
the same physician who forbids a spoonful
of broth, or an ounce of the breast of a Chicken
will indulge his patients in pounds of honey
or ~~gall~~ quarts of vegetable Strops of all kinds. +

✓ Liquid aliment sometimes disorders
the stomach. It is unassimilable in animal
but in its natural state ~~is~~ food in
a liquid state except man ~~in infancy~~ ^{infants} and he
learns to do so in civilized life. The
milk he takes in infancy & afterwards
(the liquid) when swallowed, is soon ^{rendered} ~~becomes~~
solid by being coagulated in the stomach. —

+ There are ^{diseases} ~~cases~~ however which forbid
animal food altogether. ~~not from its nature~~
~~but~~ These shall be mentioned hereafter.

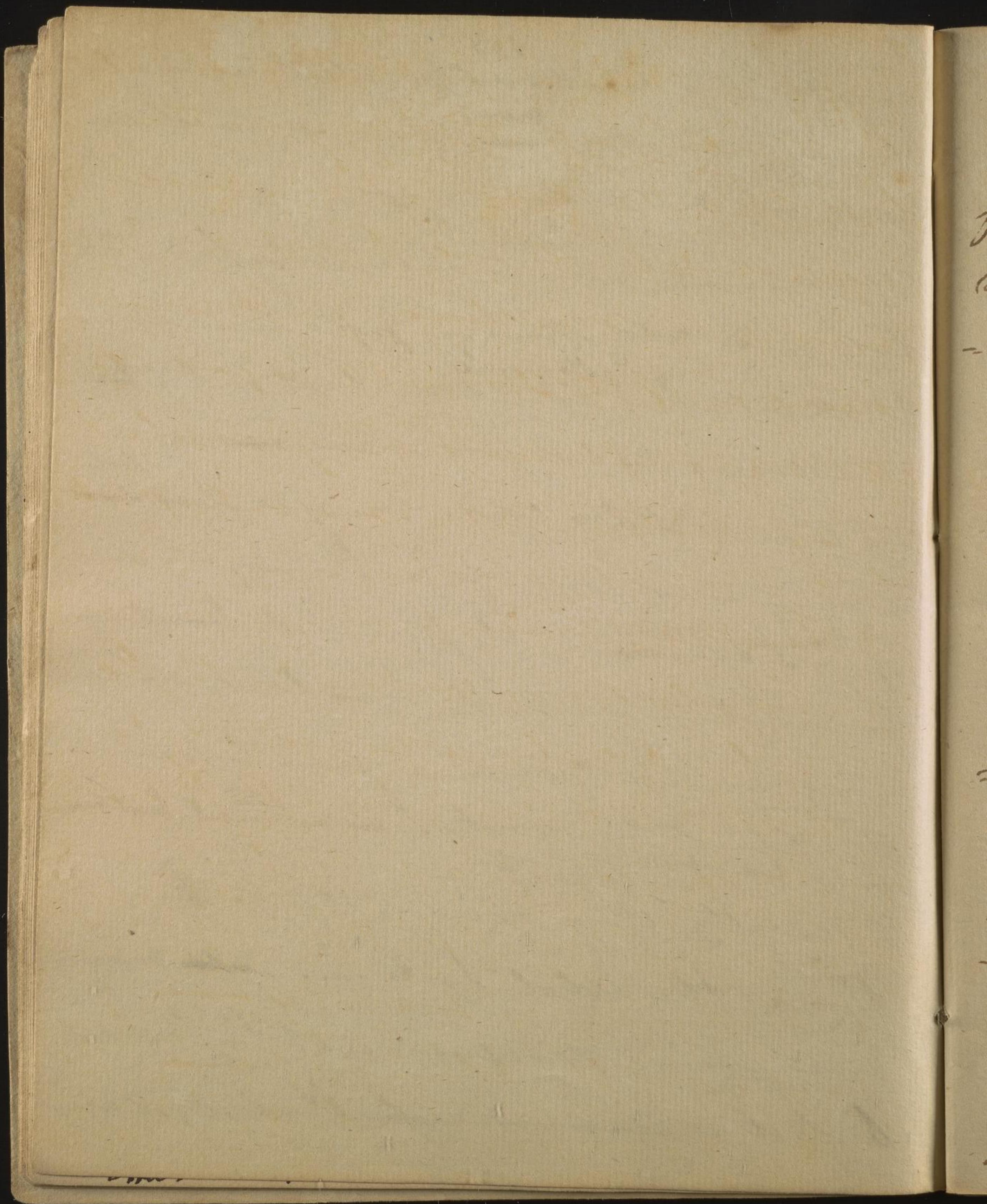
A sudden change from heat to cold,
darkness to light & vice versa produces morbid
effects. Why not animal & veg. food?

make it a constant practice in chronic
diseases to advise ^{our} ~~many~~ patients to dine
only on one dish.

Lect: 6th

7 Aliment produces diseases by being too
hot, or too cold. Many Inflammations
of the Stomach & other diseases have been brought on by too
swallowing too hot food - and ~~some~~ some
by taking it too cold. Major Reed ^{late} died
for a member of Congress for Pennsylvania: died
of a Schirrus in the stomach brought on
foundation of which was laid in eat-
ing an ice cream a year before in
the city of New York. No animal but man
takes his food ^{warm} in food.

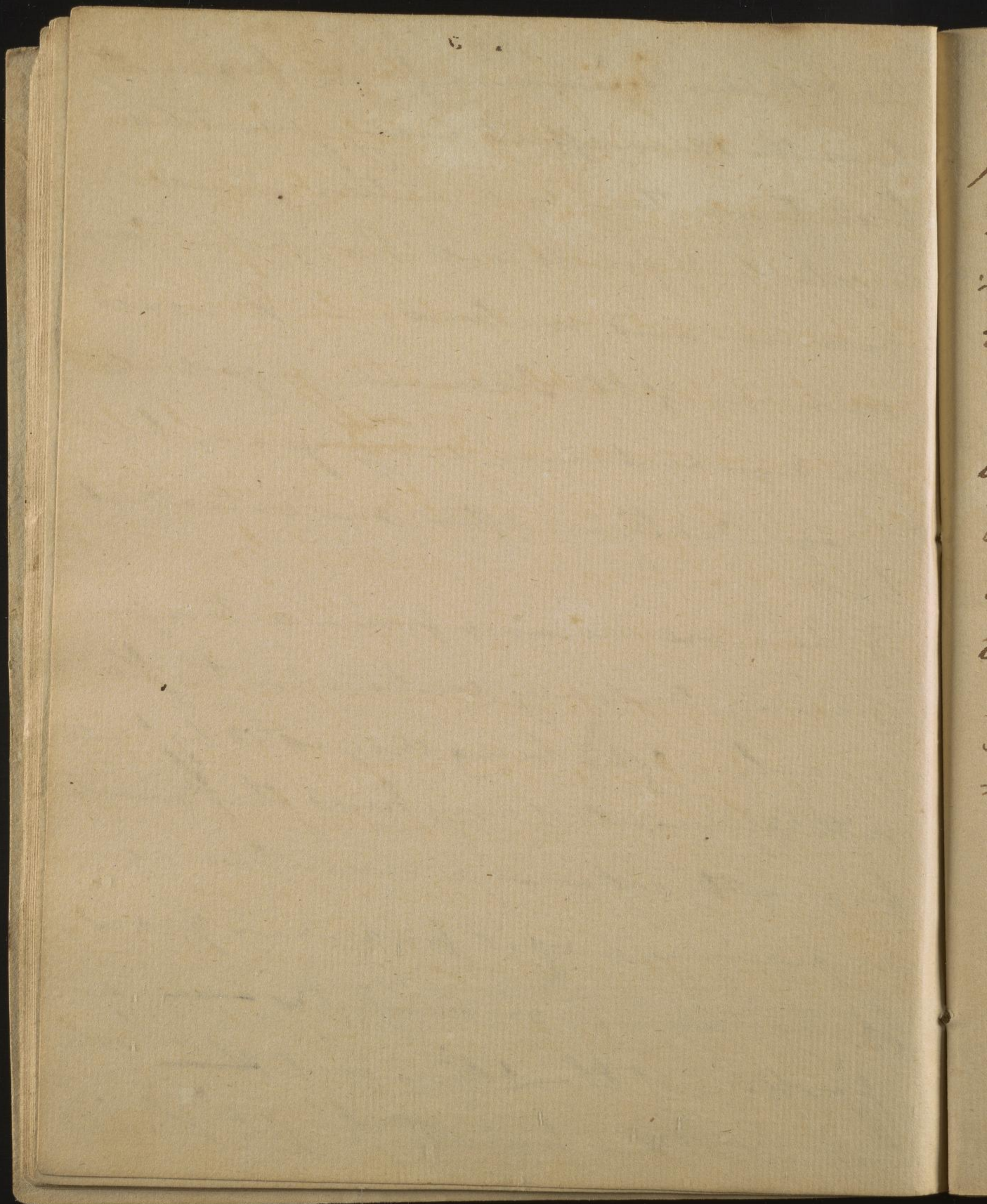
8 Novelty often disorders the stomach &
this is the whole system. ~~all~~ many
new dishes disagree with the stomach,
but it is remarkable that certain



vegetables & summer fruits frequently
 have the same effect every year the
 first time they are eaten. These
 vegetables & fruits are Radishes - Cuc-
 -umbers - and melons. — It would
 seem as if the Stomach forgot its
 old acquaintances every year, but
 recognized them after one or two meals.
 but

& There are Diseases from a temper
 of a very contrary nature in the sto-
 -mach. After being disgusted by satiety
 with aliment of any kind, the stomach
 frequently retains a vindictive remem-
 -brance of it for many years.

If by chance or necessity any a
 portion of the aliment ~~which~~ ^{which}
 has excited a former profit should



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be taken into the stomach, it frequently
produces Vomiting - Colic & even
hyncope. — There was a time once
when it would have been possible
to have induced not only hyncope
~~was~~ but probably Death upon me
by conveying a ~~quantity~~ ^{half} of a boiled
chestnut into my stomach. When
a child I was made sick by eating
too great a quantity of them.

I Abiment sometimes produced dis-
=eases by lying for days & perhaps
weeks in an undigested state in the
stomach. I once attended a young
Lady for three days in an obstinate
Vomiting & fever. on the 3rd day
I gave her an emetic, which

V Dr Haller has given a list of nearly a dozen articles of diet which have lain from a week to 7 months in the stomach in an undigested state producing more or less indisposition during that time.

IV Dr Haller quotes a case of a piece of fat pork being thrown up, ^{unchanged} from the stomach two months after it was swallowed. [I have a stone ^{seen} ~~by me~~ that was generated in the stomach and which has remained there during all

the sickness or Vomiting of pregnancy]

- These substances are discharged ^{with} difficulty,

& seldom without ^{giving} a vomit. Dr Haller Elem:

Phy: Vol: 6. p 279 ~~says~~ quotes the following facts

on this subject. Fish half chewed - 2 months
a great while
membranes & guts of animals -

skins ~~have~~ laid six months - fat 40 days -

- also 4 months - The skin of lamb two years -

Shell fish 14 days - common fish 7 days. the Roe

of DO. 4 months - Cheese two years - ~~peas~~

~~& certain berries~~
nuts - ~~peas~~ - time not ment^d: Grapes seven

months - a Cherry two years - - Dunningall

which time they were retained in ^e stomach

discharged about half an Ounce of
~~unchanged~~ Chesapeake from ~~the~~ her stomach,
 which she had eaten three days
~~This Chesapeake had laid there~~

before. All her complaints im-
 -mediately left her. From this fact
 you will see the necessity of going back
 beyond the day before a patient is
 indisposed in inquiring into the quality
 of the food ^{he has} ~~they have~~ taken, - and in
 no acute disease should this inquiry
 ever be neglected, especially if it be
 seated in the stomach ^{or} and bowels. ✓

10. ^{for} Aliment Often produces diseases
 from being cooked in unwholesome
 vessels. A German physician
 has explored all these diseases in
 a ~~volume~~ tract entitled "De morte in
~~a volumine~~ ^{olla}" - Lead and Copper vessels

✓ Where a whole family is disordered
^{suddenly &}
at one time, with stomach or
bowel complaints, I always re-
-port ^{they} ~~it~~ arises from some unwhol-
-some quality in the food they have
taken - and this most frequently ^{derived}
from the Vapors in ^{ch} it is cooked.

11 Aliment is often rendered unhealthy
from being cooked or served in Vapors
that have not been perfectly clean.

12 It is rendered unhealthy from
the excretions of certain Animals
being mixed with it. I once saw
a whole family disordered from

are the most unfriendly to human
 life. [I had once nearly perished
 from eating a veal cutlet fried
 in a Copper pan]. The custom of
 throwing pennies into a pot in which
 pease and ^{some} other vegetables are
 boiled to in order to preserve their
 green color has been the cause
 of many ~~thousands~~ ^{hundreds} Colics - and other
 diseases of the alimentary canal. It
 is remarkable that the first ^{months} ~~year~~
 of vegetables prepared or rather
 poisoned in this way generally take
 away the stomach. Since the introduction
 of Iron & silver vessels into
 ordinary use stomach complaints
 have been less frequent everywhere.

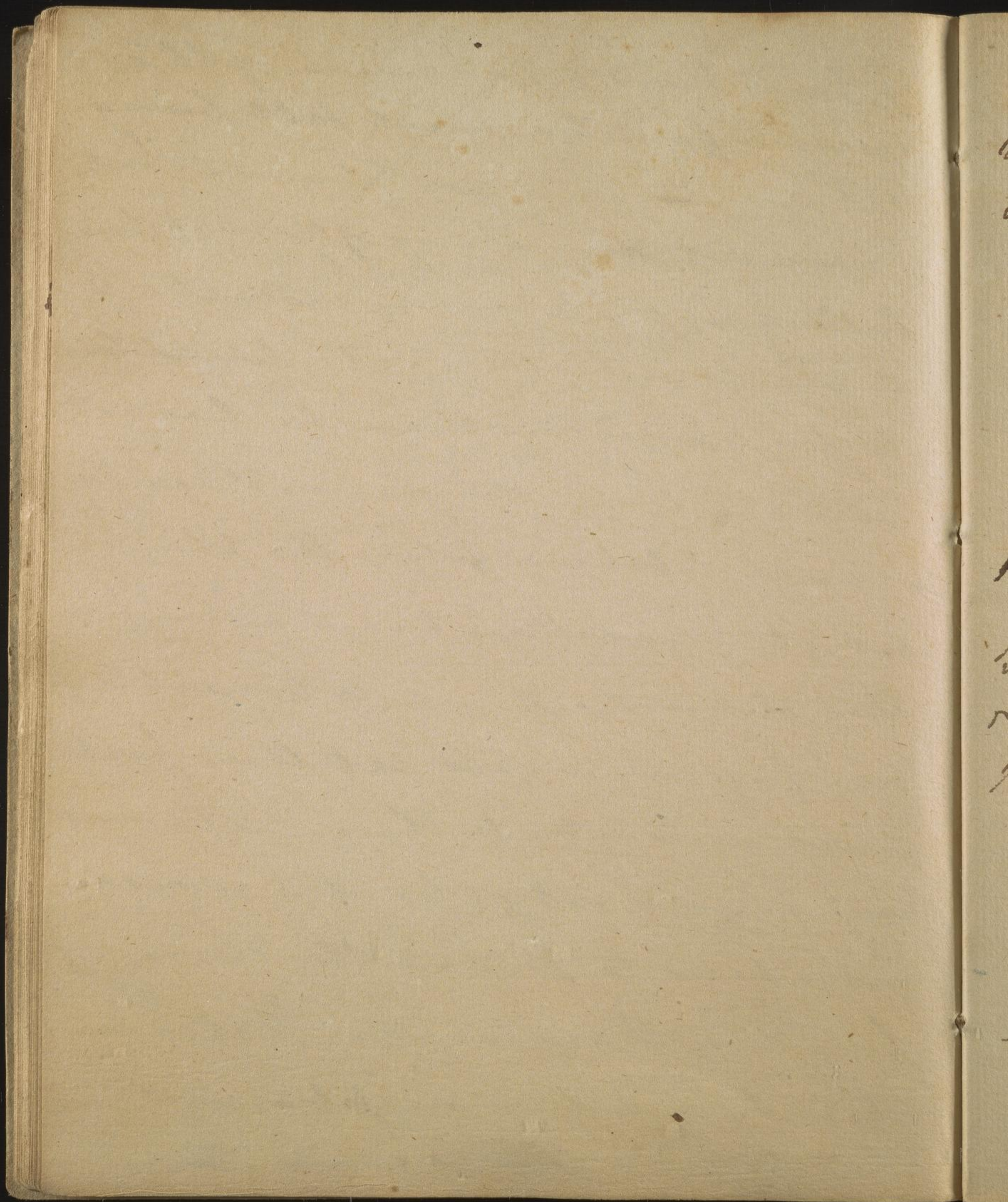
breakfasting on milk in which it
was suspected a spider had fallen
in the milk ^{I have heard of calves} house. ~~and~~ ^{only} once
killed from this cause. —

13 Diseases are sometimes induced
by feeding on animal food ^{very} ~~which~~
unwholesome by the aliment on ^{ch} ~~wh~~
the animal has fed previously to
its being killed. The Deer after feeding
on the laurel bush affords flesh
which is poisonous to Dogs, and
often injurious to man. Pheasants
have ~~been said to have~~ ^{been} ~~the~~ ^{had the same}
^{Gen. Bryan - from ground of Col. Case 3 instances occurred}
effect in this city. ~~I can recollect at~~
^{in this city.}
the Jersey College when a boy that 60
of the students were affected with Dy-
-arrhea in one night from dining
on pot pie made of pigeons that
had fed upon pokeberries. —

14 Animal food is more or less whole-
 some according as it taken in a fresh
 or Salted State. The greater frequency of
^{gastroenteric}
~~putrid~~ or typhous fevers in Cities than
 in Country places is I believe in part
 owing to the greater quantity of ~~flesh~~
 fresh meat there in the Country.
 Children in the Country escape the
 Cholera Infarctum chiefly from living
 so much on Salted meat. The Dy-
 sentery which prevailed in the American
 Army in the summer of 1777 was
 produced chiefly by the fresh meat
 to which for it was a new species of
 aliment to troops raised in the Coun-
 try. This disease ^{disappeared} and many others
 were cured as soon as Salted meat
 became part of a Soldier's ration.

✓ In the ship *Salvador del mundo* (a man
of war taken by Lord St Vincent in the
war th the Directory of France,) there
were ^{but} eight barrels of ^{for her} beef. The crew lived
only on Beans, Olive oil & a little salted
fish.

~~I have heard & read much of the~~
~~diseases from too much salt being~~
~~taken into with our aliment, but~~
~~I have not observed any of them where~~
 Salted meat is taken in moderation
 & mixed with veg. food,
 it is not unhealthy. The Count Cas-
 tiglio assured me that he had not
 heard of a single disease in Virginia
 or North Carolina where the planters
 eat salt meat three times a day from
 that aliment. It were to be wished if
 our farmers would eat their fresh
 meat in winter & their salted meat
 in summer only, for it is more
 calculated to abrogate the diseases of
 summer than winter, & it is cer-
 -tainly much more pleasant in
 hot than in cold weather. ~~I~~



Where salted meat is used without vegetables, or with vegetable aliment of a dry & unfermented nature as at sea, it produces the Scurvy. It produces it under similar circumstances on the land especially on the sea shore: —

15. There is an Idiosyncrasy in some people which renders the certain wholesome ^{aliments} disagreeable to them. Many people cannot taste fish — and yet people can eat with equal pleasure every kind of food. Now — when any of those aliments which are disagreeable are taken from necessity, or compulsion, they often produce diseases. This idiosyncrasy with

✓ Recollect here the effects of Abim

certain 190
respect to Aliments is often heredita-
ry in families. I know a lady who
derives from her ~~her~~ father such an
antipathy to meat sauce and honey
that the smell of the former makes
her faint, and the smallest quan-
tity of the latter operates like physic
upon her Stomach. ~~It~~

Having enumerated the Circumstances
which influence the unhealthy quality
of Aliment I proceed next to mention
the diseases which are induced by ~~the~~

Condiments. These are

Salt - Vinegar - Sugar - Mustard - Su-
-gar - and certain Spices.
Other Saccharine Matters

~~That~~ The use and desire of ~~salt~~ common
Salt in Aliment is very nearly
universal. Some Nations are so

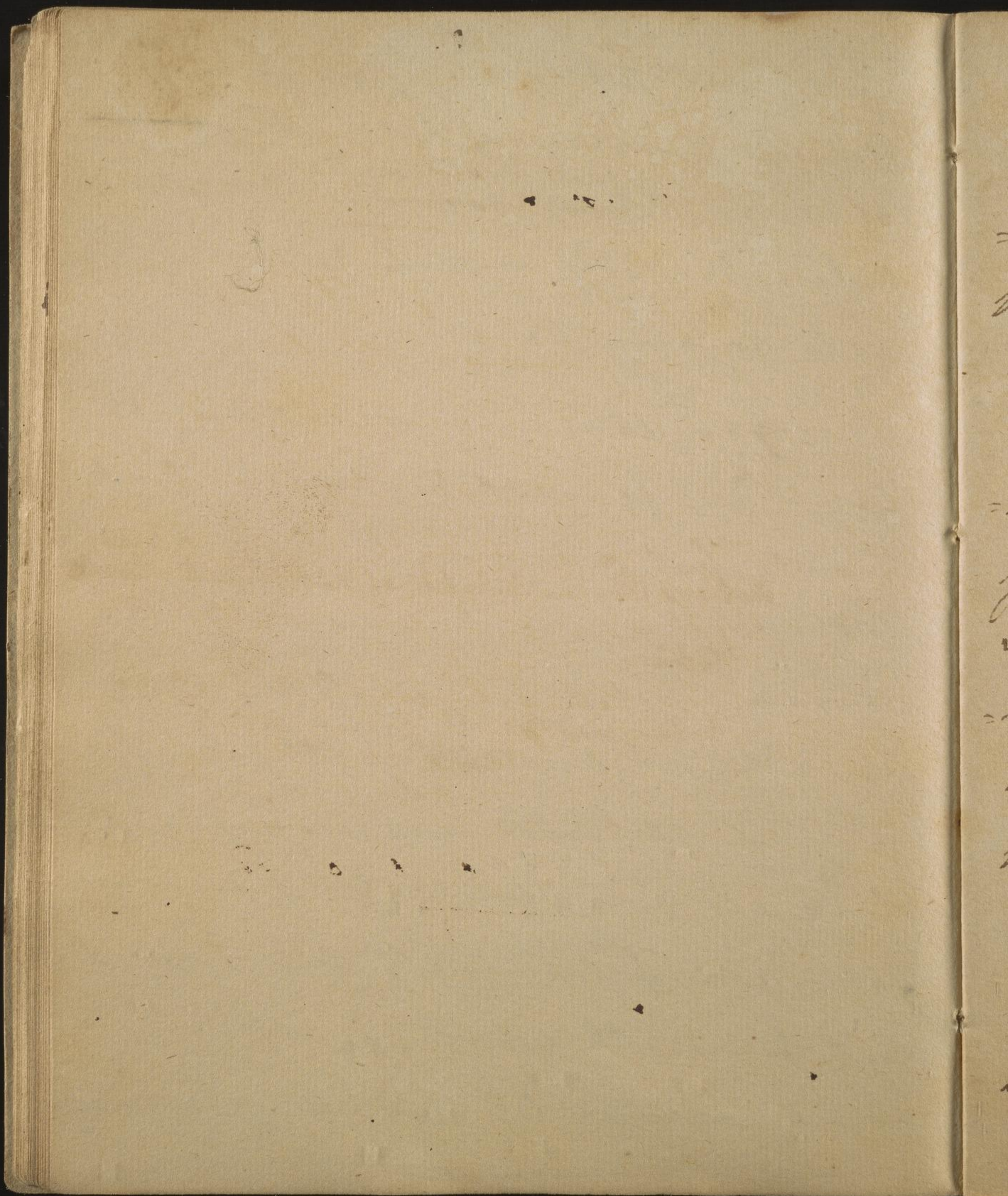
as the Brasilians - Caribbes -
& the Numidian Africans &
some Indian Nations in America.

found of it that they substituted the
 Vegetable Alkali obtained from there
 ashes in the room of it. But they
 are whole nations who are strangers
 to the use of it, ^{During the War before} ~~for some certain of them~~
 last a tribe of Indians attended a treaty
 at Easton who had never tasted salt,
 and who in consequence of taking
 a small quantity of it with their
 food were affected with a vomiting
 & purging. There is the same variety
 in the taste for salt among Cattle,
 - while some ^{of the same species} decline without it - Others
 will not taste it. That salt is least
 apt to produce diseases which is least
 apt to dilagnose in the air and w^{ch}
 is prepared by the heat of the sun in

✓ That Vinegar destroys the irritab^l
of the stomach & bowels has lately been
proved by Dr Pilger ^{during the last war} who gave a number of
horses ~~in~~ ^{during the last war} Bavaria that were ordered
to be killed ~~very~~ in order to save forage,
a quantity of Vinegar ~~was~~ for some
time before the orders were executed. Upon
applying irritants to their stomachs &
bowels while they are dying, no motion
was excited in them.

198 The principal
a middle latitude. - It is so ~~far~~ ^{far} ~~from~~
disease produced by salt is the ~~fund~~
of which I ~~have~~ ^{shall that hereafter} ~~spoken~~. It is seldom
taken by itself in such quantities
as to do any harm.

Vinegar taken in moderate quantities
is an agreeable & wholesome condi-
-ment, but taken in too large quan-
-tities it produces Dyspepsia - Gastro-
-dynia - ^{Nobis} ^{in certain predisposed habits the} ~~paleness~~ - and ~~constipation~~. There
was a time ^{they used to} ~~about 20~~ ^{ago} years when Vine-
-gar was celebrated in newspapers &
Almanacs as a Specific for reducing
fat. many hundred people tried it,
but few with effect. In all, it pro-
-duced more or less of the diseases above
mentioned.



Mustard by its exup of Stimulus
 disposes to Gastrodynia - and to in-
 flamm^{Dyspepsia} ~~disorders~~. I have formerly
 hinted at the advantage the physician
 derives from ^{now then eating} ~~dining~~ with his patients.
 I once detected the cause of an Ob-
 stinate Spasmodic affection of the
 Stomach, ^{in a lady} and of the and of the
 inflamm^y Rheumatism in a Gentle-
 man by ^{blowing with} ~~dining~~ ~~them~~ the enormous
 quantity of mustard they took with
 their Aliment. I dissuaded them from
 the use of it & ^{thereby cured} ~~I hoped I have cured~~
 them both. For they have both
 enjoyed good health ever since
 they have used mustard in their

66

Dr

/

/

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r

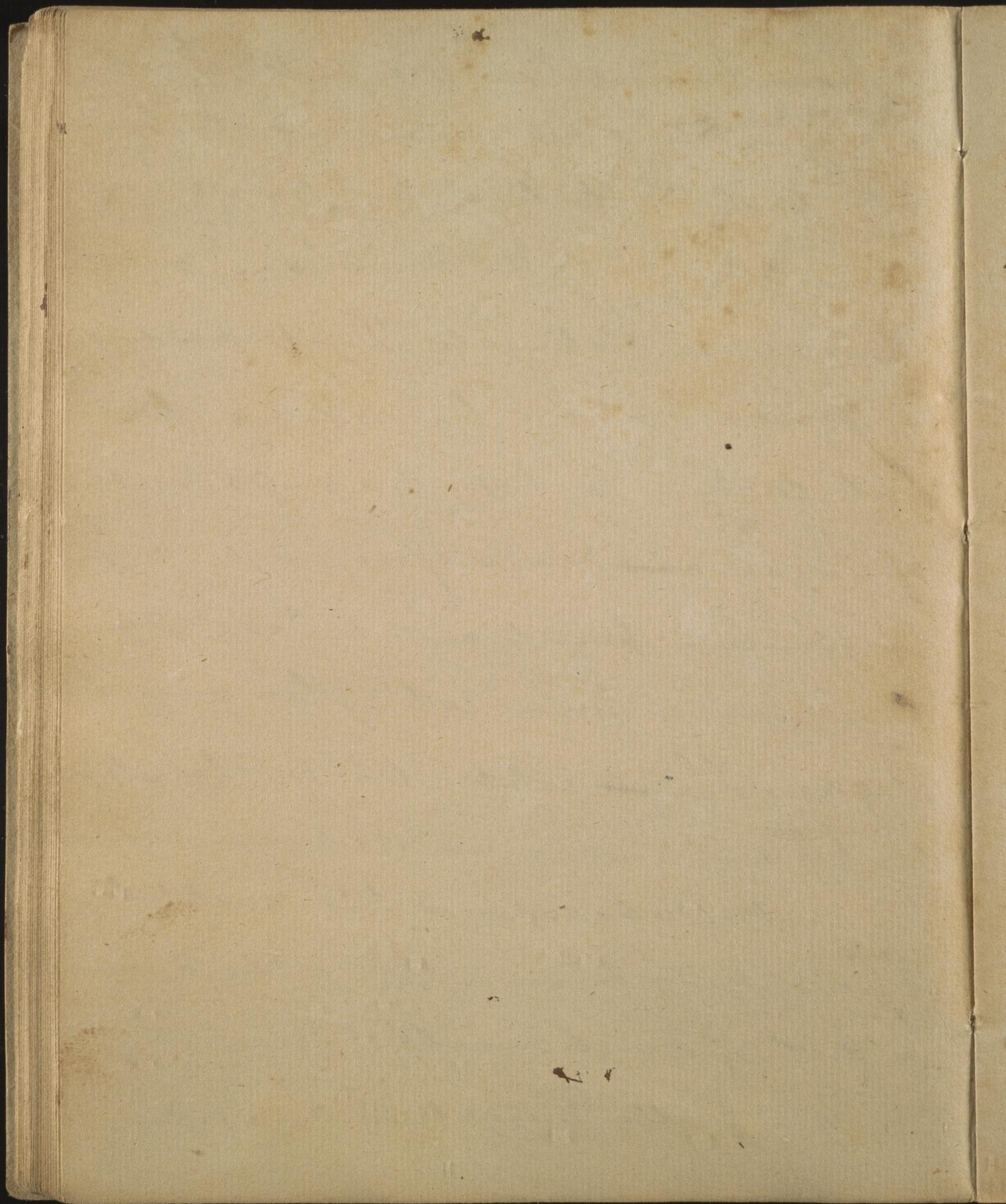
dict like other people I must here
 remark that there is nothing patients
 deceive themselves more in than y:
 quantity or quality of y:^r food. From
 H. ed: 11: ^{2d} ~~late~~

Dr. Zimmermann's Acc^t of the King of
 it appears that ^{it appears that} a
 Parpica he was ~~the~~ monstrous
 Glutton was in his last illness, &
 yet he never could be made to be-
 lieve that he eat more than was
 necessary to keep soul & body together.
 - He was so fond of Condiments that
 his Kitchen Baron Struben ^{used to} say
 his Kitchen resembled an Apothecary's Shop.

Sugar - the most nutritious &
 delightful of all Aliments when
 taken in too large quantities of-
 -ten produces Diseases. Many people

V and I am now attending a young
lady in whom the same disease has
been induced by eating ^{ice} of honey every
day. Miss Lawrence of New York Dec 30. 1811.

from having been infected th it,
 are unable ever afterwards to bear
 the least particle of Sweetening in
 their Aliments & Drinks. I once
 knew an obstinate Dyspepsia in
 a Grocer brought on by nothing else
 but tasting perhaps 40 or 50 Samples
 of Sugar ~~and~~ Molasses in a Day.
 Hoffman mentions a Case of
 Dyspepsia from eating too much
 Sugar. The celebrated Mr Baxter
 has left a testimony in his works against
 his mother who ruined his Constitution
 he says
 by indulging him when a Child in
 a diet of sweet meats. [Brown Sugar
 is of a gently purgative quality.



Honey & melapso possess the same
 Qualities as Sugar. They both
 purge gently, and when taken
 in too large Quantities produce Ob-
 -stinate Surfeits, ~~or~~ and Dyspepsia.

The Spices are of different kinds, &
 act differently on the system. They
 all dispose to ~~Dyspepsia~~ Dyspepsia
 when taken in too large Quantities.
 There is ^{an enormous enlargement & in-}
^{-duration} a disease of the testicles men-
 -tioned by some late travellers in to
 Africa, which is confined to the
 nobility of the Country, & which is
 supposed to be br^t on by ^{taking} eating
 too ^{much} plentiful Cayenne pepper with
 their Aliment.

8

14

1841

in

I should now proceed to treat of the diseases induced by Drinks, but between Drinks and Aliments there are two articles of diet, which require our Attention - These are Tea & Coffee.

A revolution has happened in the ^{of the inhabitants} health and manners of Europe since the introduction of these articles into general use as a part of diet.

of Tea

The increase, if not the origin of hysterical diseases in humane life ^{is} ~~is~~ in England is ascribed to the Use of tea. ~~It~~ I suspect ~~rather~~ all the diseases produced by it, depend ~~on~~ chiefly upon its being ~~without sugar, milk or bread,~~ taken too strong & hence British in all ^{countries} ~~and~~ ^{poor people} in Great Britain ~~maids~~ are more disordered by it than

✓ It likewise predisposes the system
to all those forms of the gout ^{ch} w:
appears in the stomach, bowels &
~~viscera~~ system. It is to the ~~more~~ more inter-
-mediate use of tea by women, than
men, that they are much more
afflicted with gout than our
sex. It appears in them chiefly
in the ~~viscera~~ & ~~more~~ forms of w:
are called Dyspepsia, Colic, headach
& Hysteria - all of which depend
on morbid excitement. ~~It acts~~
~~most on the nerves.~~

persons in gentle life, for ^{the former} ~~they~~ ^{generally} ~~and~~ the latter without sugar, milk or bread: ^{but} ~~ally~~ drink it very strong & it produces wakefulness in many people, & ^{that} after great fatigue which reduces the system below the sleeping point, it produces sleep. V

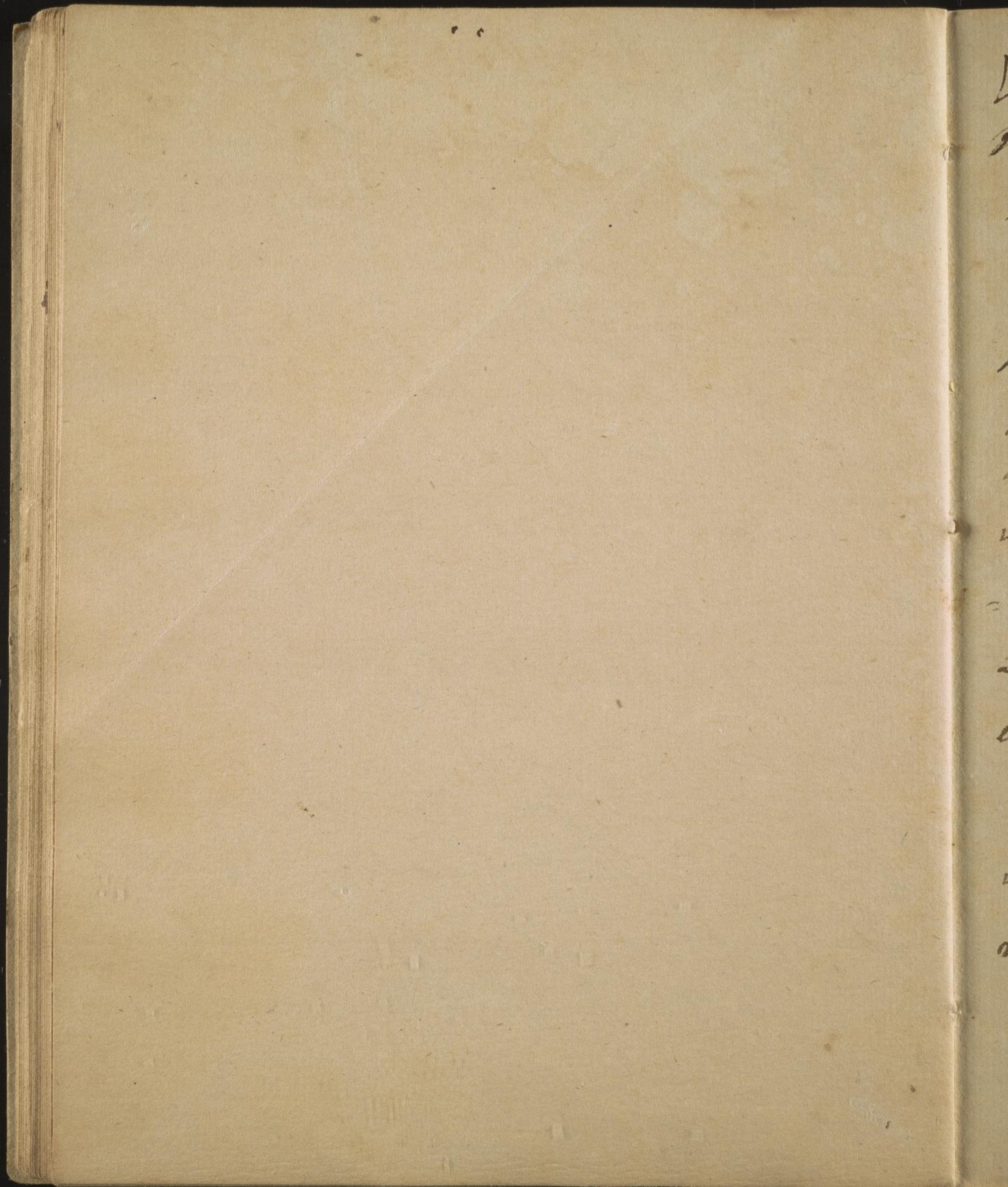
Coffee

acts like tea as a gentle stimulant and cordial, & when taken weak it is a safe ^{vehicle of diet} ~~ingrediant~~, but when taken too strong it produces many nervous Diseases. I have known ^{several} ~~men~~ cases of Vertigo produced by it, & perfectly cured by leaving it off. It is very exhilarating to the spirits. It was in consequence of observing its action in this way on some goats that had

✓ Dr Hoffman says that he has
seldom seen women who were very
much addicted to the use of coffee,
recover from ^{an} ~~an~~ attack of an acute
Disease. go to p 208 =

^{the coffee shrub}
brought upon it that a Turkish priest
first conceived the idea of using ^{the seeds of} it in
^{that coffee plant}
diet for the same purpose. Linnaeus
says it enfeebles the venereal appetite;
[^{go to drinks} ~~and~~ in confirmation of it tells a
story of a Sultan's lady in Turkey,
who observing her husband about
to castrate a horse - bid him spare
the poor animal the pain of that
coarse operation, & to feed him upon
Coffee."] ✓

[Neither tea or Coffee contain any
nourishment. Where they add to the
growth or support of the body it is
owing to the sugar and cream, or
milk that are usually taken with
them. I said that the use of tea &



Coffee had produced a change in the
manners of the inhabitants of Europe.

They have done this by furnishing a
substitute cordial for Aromatic Spirits.

In Sweden a farmer who once called
for his Gill or pint of Whiskey at a
tavern, now regales himself only
with Coffee. The principal entertain-
ment of the houses of ^{public resort &} amusement near

London consists of tea and coffee, and
even sailors & porters often partake

of them. The late Anthony Benezet
informed me that he had ^{been} kept from
retreating to spirits to support himself
under the fatigue of teaching school,
by the constant & plentiful use of
tea. Should they Coffee & tea upon

✓ It has been asked which of the
two tea - or Coffee is most hurtful.
- Tea is most injurious to the Nerves,
and Coffee to the brain - hence while
the former induces Dyslexia most
frequently - the latter induces Vertigo
head ache, & disposes to palsy &
apoplexy.

[The whole be injurious, they are
~~far - very for~~ less so, than Ardent
 Spirits. Perhaps they are intended to
 serve the purpose of a ~~middle~~ ^{ladder} thro'
 stepping stone on which men may
 descend from the strong Cordial of
 Spirits to the simple diet of Nature.

[Tea has been called a slow poison
 An old gentleman in this city who
 heard this speech - said that he belie-
 ved, ^{it} for ² he had drank it ^{twice a} every
 day for 50 years, and that he was
 still in good health.]

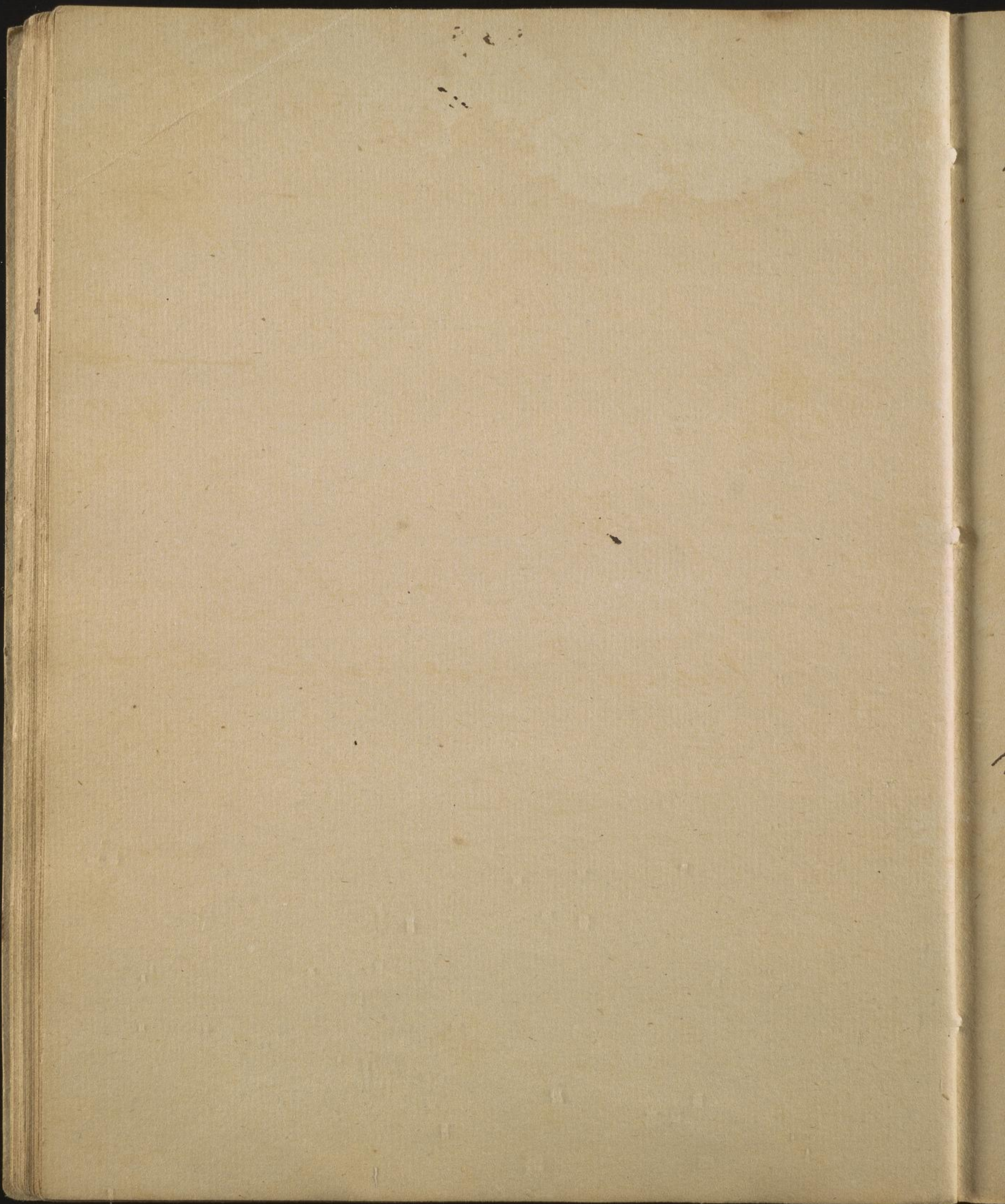
Tea & Coffee are the most agreeable
 remedies for fatigue of mind or body;
 [I know a Country Physician who
 makes it a constant practice to]

11. 2. 11

Drink a bowl of one of them every time he is set out upon a long or cold ride to visit a patient. He ^{derives} enjoys good health and spirits from this practice, and has been kept by it from leaving & even tasting Spirituous Liquors.

of Drinks

Liquid however well, and however long many animals sustain life without drinking, this is not the case with Man. He stands in the same need of Drinks that he does of Aliments. ~~too~~ There are numerous, and different in different countries. The chief of them are Water - Wine - Beer - Cyder - & ardent Spirits. I shall begin with Water.



Water //

Prime truths of mankind, according to
Dr Haller use no other drink ^{but water} with their
Aliment. It is the beverage of the ^{nature,}

and when drunk pure, ~~and~~ ^{and} ~~under~~
in a proper manner is the ^{most}
~~all the circumstances~~ ^{which form its}

wholesome drink in the world. Dr Haller

ascribes his ~~reading~~ ^{reading} without Spectacles

at 60 ^{years of age} wholly to his having drunk no-
thing but water ^{from the 18th year} ~~during his life~~

of his ~~life~~ ^{age}. ~~He~~ ^{He} ~~grants~~ ^{the} ~~Dr~~

~~books~~ The promises of water are to be
not only in the writings, ^{not only} of physicians
but with in ^{out of} ~~all the~~ poets & philosophers.

Who would believe notwithstanding that

~~water~~ Diseases and death insinuate them-

selves into the human body thro' the

Medium of ~~water~~ this simple, and

wholesome liquor? — Water produces

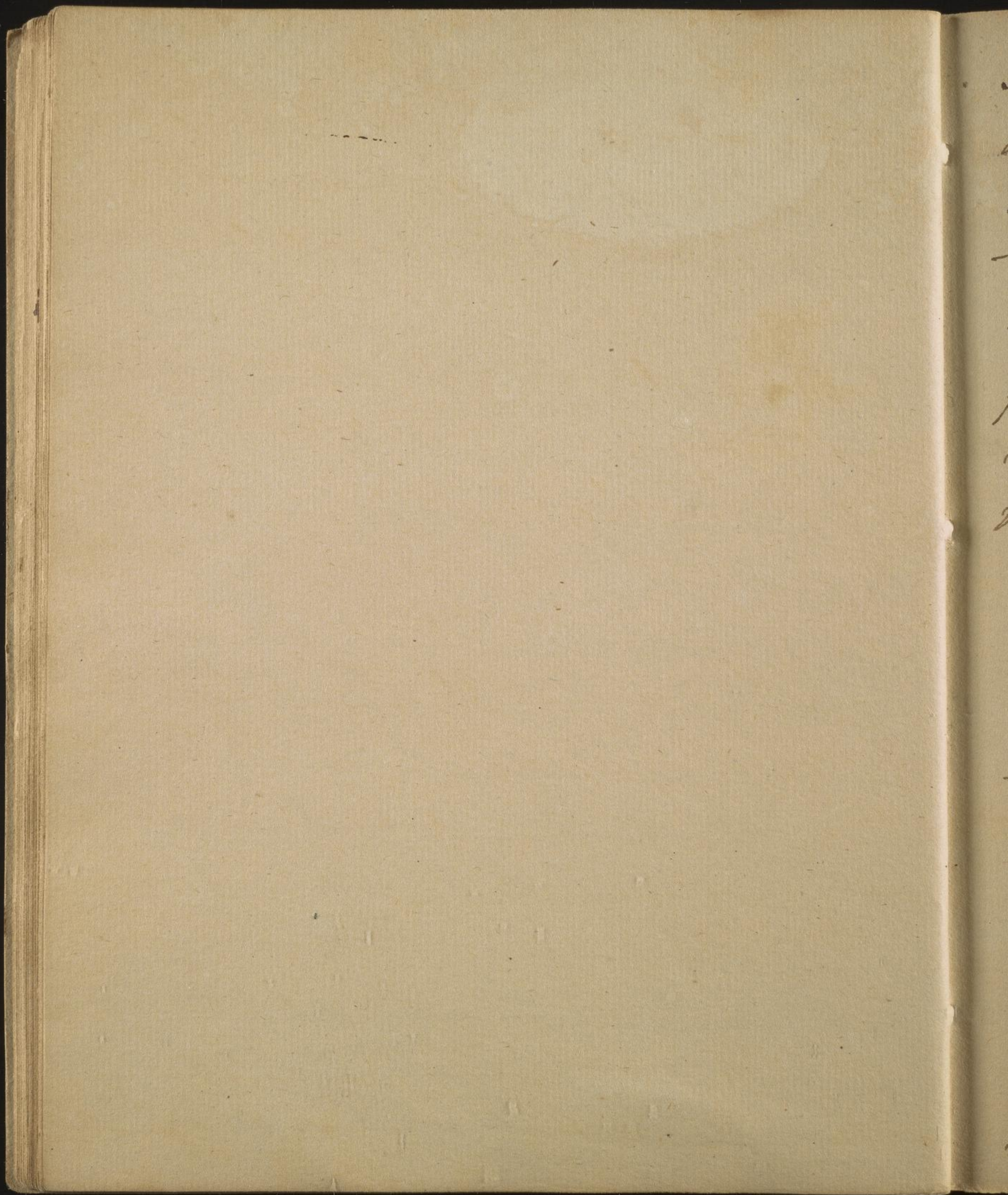
3.
✓ The inhabitants of St Kitts alone
of all the West India Islands have had teeth,
owing to their exclusive use of Cold water
as drink. ^{The late} Dr Spence informed me that
he drew three teeth & in summer to one
in winter — probably owing to the more
copious use of cold water in the former
than the latter season producing more
tooth ach. —

~~It is said~~

discusses 1 By its visible Qualities 2^{ly}
 by its being mixed with certain im-
 -pure and unwholesome Substances, and
 3^{ly} by being taken in too large a Quantity.

1 Water produces diseases by its visible
 Qualities - 1 by Cold - Its first operation
 when very cold is on the teeth in which
 it produces pain, and disposes them
 afterwards to inflamⁿ & Corruption. This
 effect of cold water is very perceptible
 to the Gentlemen ^{in this city} ~~who arrive here~~ and
 States & the West Indies who drink it im-
 -mediately after their arrival among us.
 A draught of cold water often produces a
 chilly fit, and sometimes induces

The effects of cold water upon the body
 are much influenced by the temperature
 of the ^{body} ~~air~~ when it is taken into the



Stomach. When the heat of the body is
~~above 98 or 99~~ raised above its natural
 standard either by exercise, or the
 temperature of the external air, and
 a large draught of ^{cold} water is taken, it produces
 dysentery - Consumption - hepatitis -
 malignant fevers - and a gangrene of the
 mesentery, ^{cases of} all of which are upon record
 in books of medicine. The more common
 effects of it in this city are a sudden &
 violent spasm in the stomach produ-
 -cing syncope & death. I have known
 twenty persons perish from drinking
 cold water under the above circumstances
 in one summer in this city. The cold
 water acts here by suddenly abstracting
 the excitement of the ~~stomach~~ ^{system} and
 more especially the stomach, ~~and~~ ^{by}

✓ It is remarkable that the
body does not suffer in the least
from cold drinks, if ^{it} the body be
previously
heated in a hot Bath. + see Dr Bayne
on cold Baths p: 329.

[Fire don't tan - tho' I can see] The Variety in the
effects of heat from its forms & mixtures upon the
body will be pointed out hereafter.

+ an important fact this - as it shows
~~there can be no substance with a power~~
and capable of great application to the
practice of medicine. That is

its sedative and debilitating effects.
 Its operation ~~may be~~ ^{depends upon} the same
 principle as the operation of cold air
 suddenly succeeding the action of hot air
 on the body. —

Dr Haller informs ^{us} that in travelling
 over the Alps, he was frequently seized
 with complaints of a peculiar nature
 after drinking the very cold water here.
 met with on the mountains. He felt
 a pain in his breast resembling the
 first symptom of a pleurisy - a singular
 stupor - a derangement of mind, & a disinclination
 to all motion.

Water sometimes produces ^{some of} the same
 diseases when rendered cold by the solution
 of ice in it. General Wayne was seized
 with a Colic ^{in the} last summer 1792 which
 was followed by a bilious fever by drinking

✓ Indians avoid cold drinks - hence they prefer drinking water in its streams to drinking it at its fountain. Thirst is best allayed by water that has lost some of its coldness by standing sometime in the warm air.

✓ 2. Cold water induces disease by being drunken exclusively with meals. ~~The~~ ^{It promotes the} ~~It induces~~ ^{It promotes the} speedy dissolution of the food, and thus induces a quick return of appetite, & by its absence of stimulus renders more food necessary to ~~of~~ ^{of} impart tone & stimulus to the digestive organs. - introduce the fact of Mr. Ross from p: 216.

a large draught of punch in which there
had been a lump of oil dissolved. ✓

^{simple}
~~The~~ Water seldom does any harm when ^{too}
hot. by itself. When taken in tea, or Coffee
it has often produced Dyspepsia. Dr Haller
says he met on this ~~disease~~ ^{Disease} when a student
in Leyden by nothing but drinking
too hot tea.

Water produces many diseases by being
mixed with certain ^{foreign} ~~impure~~ matters. These
are salts - earths - and metals - and
certain impure matters which arise th in
it in all cities. The contents of a manure
house it has been found ^{to} more 20 feet
thick ^{clayey} soil & much further
that is 60 feet -
this sand - hence water ~~is~~ becomes
impure in proportion to the number
of houses and manure which follow
the sinking of a well in a city - &

V An Attempt is now making to
supply the cities of New York & Philad.^a
with pure water from the same sources.
Should it be successful - it will remove
one of the ^{remote} causes of our Autumnal
Epidemics.

hence ~~and~~ One reason why the inhabitants of cities are less healthy than country people. It was to prevent & remove the evils from this cause that D. Franklin bequeathed a handsome legacy to the city of Philadelphia to be laid out in supplying the city with pure water from the River Schuylkill. - London & all the large cities in Europe are supplied with water from neighbouring springs or rivers. - It belongs to Chemistry to describe & enumerate the saline ^{earthly} metallic & aerial matters which enter into the composition of water. I shall only remark that water which flows over beds of lime are ^{at first} generally of a purgative quality. Such waters are very common in this country. In obstinate

V That water is said to possess the greatest
+ ~~The following are the marks of the~~
purity, and wholesomeness of water. which
has the following properties. 1 a rapid course
over sand or gravel. 2 being frequently agi-
tated by the wind. 3. transparent, and
without taste. 4 well received by the
stomach and bowels. 5 Boiling vegetables
speedily & soft. 6 not being rendered white
or turbid by the mixture of a veg. alk.
and 7

+ that Dr Dalsille mentions an Epidemic
& fatal Dysentery ^{ch} prevailed at Port Louis
in the Isle of France that was produced
by the inhabitants drinking of a spring of
water ^{ch} flowed from a mountain that
contained in it some Copper ore. The
Governor of the Island either forbade the
use of the water, or gave it another
course, & thereby checked the disease.
The pump water of Philadelphia is believed to have

especially of the bowels
 chronic diseases, it is right to inspect
 the water a patient drinks or used in
 his diet, and to advise him to change
 it. ^{by the} ~~The~~ facility with which ^{it} ~~water~~
 forms a lather with soap, ^{I have only} ~~is the cheapest~~
~~I cannot test of its purity~~ to add ~~to~~ to this

- 3 ^{head +} ~~Water~~ produces diseases from too great
 a quantity of it being drunk, ^{between} ~~in~~ diet,
 meals,
 and from too great draughts of it being
 taken at a time. Many people have
 a custom of drinking cold water as soon
 as they rise in the morning, & at bedtime.
 - The practice originated in intemperance,
 and has been followed by ignorance or
 Sympathy, for no person in good
 health stands in need of it. It debilitates
 the stomach & disposes to Dyspepsia.
 Drinking cold water between meals

the habitual use

V Dr. Mosely takes notice of water pro:
- during ^{a marked} ~~very~~ appetite ~~It is~~ in the West
Indies. I have known several instances
of great water drinkers being great fudders. +

= contributed to increase the bilious
epidemics of our city. It is often so
impregnated with ~~foreign~~ filth and
chiefly from privies as to emit a
fetid smell after standing 8, 10 or 10
hours in warm ~~water~~ weather.

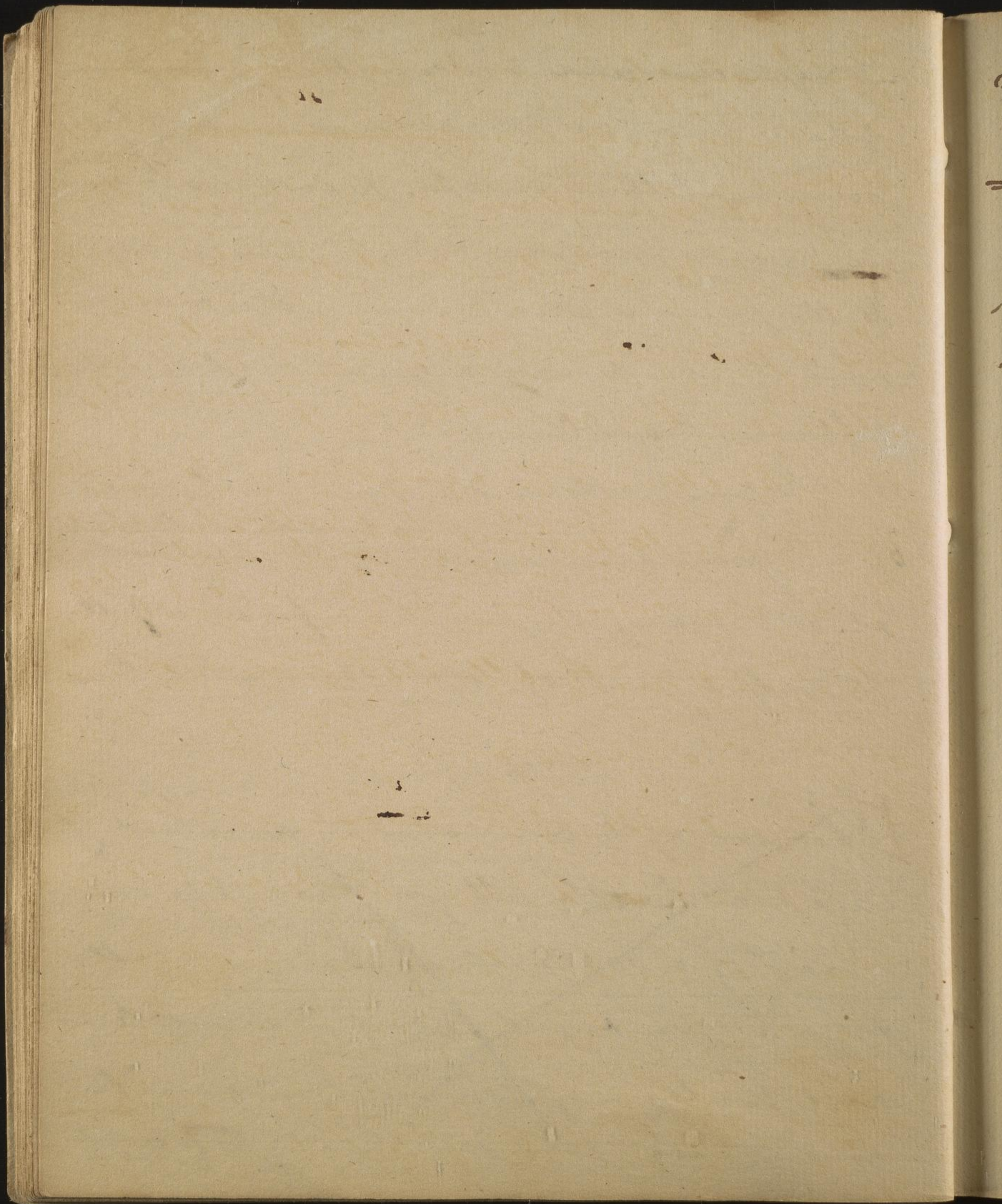
+ Mr. Rojas an ingenious Native of
Mexico informed me Jan^y 6th 1810 that he
was confined by the inquisition in a
monastery for one year with 94 monks.
They drank nothing but water, but they
eat ~~enormously~~ especially of meat. He
said they were "as carnivorous as Lyons".
Part of Major ~~Robert~~ ^{Robert} ~~unhappy~~.

is equally absurd & equally unnecessary, where men or women have not been deranged at their meals. It disposes ^{Dyspepsia} to ~~eat~~ in persons ~~pre-disposed~~ to it, and it occasions to the persons who drink in this manner and to company a great deal of superfluous trouble.

I Once attended a gent^l who died of a Typhoides ^{frequently wallowing} but on ~~big~~ ~~pattern~~ at one Act of deglutition from a Gill to half a pint of Cold water at a time.

Wine

~~The use of wine is very ancient. I need not hardly tell you that it is composed of a saccharine substance called must - an acid spirit - a veg. acid and water - of course it is gently nourishing, and stimulating. But~~



of a bad quality, ²¹⁷ or taken in too
~~large quantities is only to maintain its~~
large quantities is a fruitful source of dis-
~~ordered effects upon the~~
-~~xxx~~.

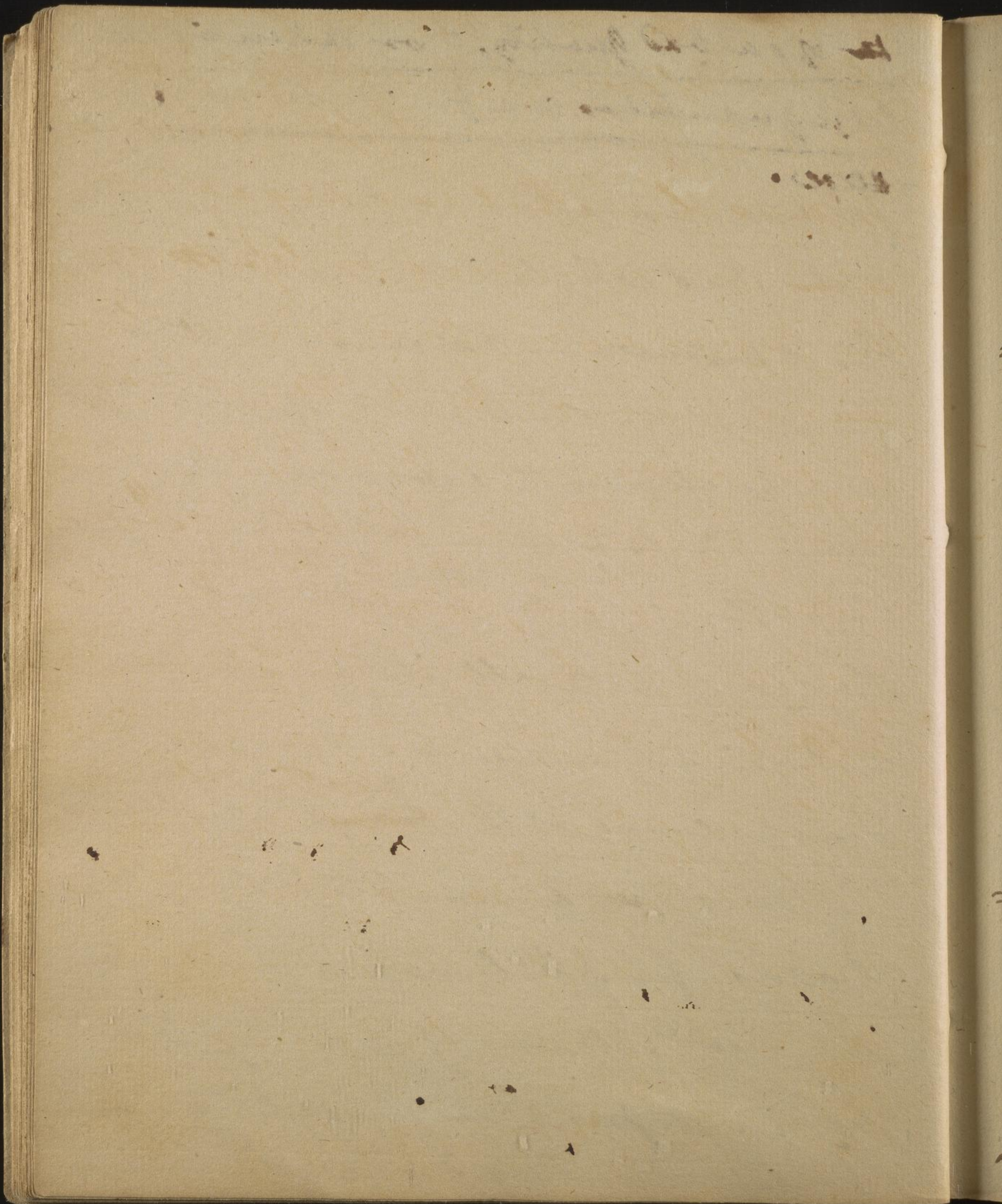
Its first operation is to increase the
pulse, & to exhilarate the spirits - After
this it produces intoxication & ^{finally} sleep.

These are the acute effects of wine if I
may be allowed the expression - its chronic
effects are to produce fat (which I shall
hereafter consider as a disease) ^{by overstretching the vessels} also

the Gout, with all its numerous &
distressing symptoms. I confine the
remote cause of the ^{gout in the limbs} ~~cause~~ wholly to

the use of too fermented & distilled
liquors, for I believe no instance
can be produced of its being produced

by intemperance in eating. - ~~At the~~
In Turkey the ^{arthritis} Gout is unknown,



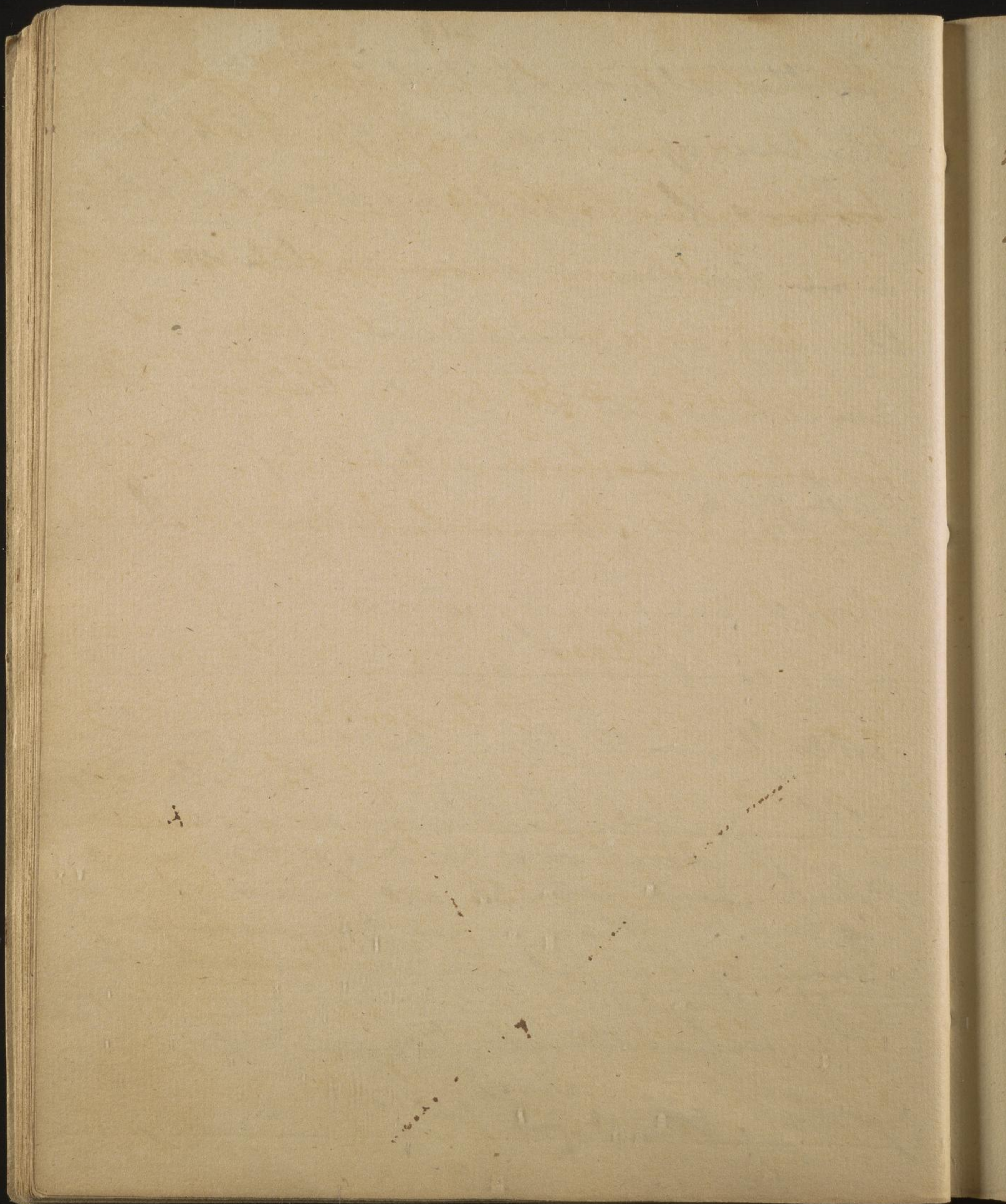
for the religion of that country forbids
 the use of wine and spirits. Wine
 produces this effect according as it
~~is~~ contains more or less of
 the veg: or acetic acid - hence the
 best red wines as port - claret - and
 Burgundy are more apt to produce
 the gout
 it than madeira - Lisbon - or Sherry.

Wine moreover produces the Gout
 more certainly in a moist, and

colder climate than in a warm one.

The Gout is hardly known in Ma:
 the Island of
 - Madeira, where more of the wine of that name
 is drunk than in any other part
 of the world.

~~The inhabitants (100,000) every~~
 year. The ^{number} of this wine approaches
 = 100,000



to maturity / which is seven years)
 the less disposed it is to produce the Gout,
~~for~~ ~~the~~ owing to the Diminution of its
 Acid. Wine is more apt to produce
 the Gout when drunk alone, than
 with food. - ~~It~~ ^{3 or 4 hours} when taken ^{after}
^{a meal} it is
~~digestion has begun~~ it is very apt to
 disorder the stomach, & to interrupt
 digestion. —

Beer

~~[Beer contains a larger quantity of
 of must, or unfermented Saccharine
 matter than wine - some acid & some
 spirit mixed with water. The quantity
 of spirit in it is so small, that it is
 difficult for a man to intoxicate
 himself with it - for the stomach revolts
 from the quantity, before spirit is~~

v I have known three great Beer Drinkers
to die apoplectic in this city.

~~can be taken for that purpose]. But~~
 When taken in too large quantities
 it produces the Gout - ^{with all its} ~~which is most~~
 usual symptoms of Gravel - Colic
~~frequently of the Stone kind~~

Dysuria - Apoplexy & palsy. - It has
 been supposed to produce the Gravel &
 Stone in a peculiar manner. ^{But} Dr Haller
 says that out ^{of} 300, or 400 ^{per} ~~subjects~~ ^{ch}

dead bodies of persons who had drunken
 during their whole lives
 but he had found stones in only two

of them. If it does produce Gravel or
 Stone it ^{must} ~~must~~ be by conveying ^{too} ~~an~~
 much Acid into the system, & late
 discoveries have taught us that an Acid
 is the Basis of the human Calculus.

Cydon

This liquor contains a small quantity

V It is said the inhabitants of the Cyder
countries in Eng^d. are many be known by
their peculiar paleurs.

VI The Iron acts by mixing with, and
obscuring the Acid of the Cyder.

Beer and Cyder produce the same
disease when taken very cold at a time
the body is unusually heated, that were
formerly ascribed to cold water.

For an Acc^t of this by Acid
spirits see my pamphlet on Vine.

of Spirit & a good deal of veg: Acid - &
 must mixed with water. Labrusing
 people seldom feel any inconvenience
 from drinking it, but persons who
 lead sedentary lives, are often affected
 with the Rheumatism & Gout in
 consequence of drinking it. The first
 time bit of the Gout Dr Franklin ever
 felt was after taking a draught of Cyder.
 I have known several persons who
 cannot taste this liquor
 or a Spasm in the Stomach?
 without feeling pains in y^e limbs. And I know
 two persons a brother & sister who
 are affected with these pains only
 by eating ~~Apple~~ the fruit w^{ch}
 affords this liquor. It is said Phlegm
 and hot iron in Cyder prevents
 its producing Gout or Rheumatism.

V Beer - and Cyder produce the same diseases
when drunk ~~too~~ cold when the body is
heated that were formerly ascribed to
cold water.

VI For a minute Account of them Gent.
^{abstract in the 6th Vol. of my}
I refer you to ~~a pamphlet lately~~
~~published in which~~
~~published by Mrs Dobson, in which~~
I have ^{not} only enumerated those evils,
but mentioned the means of preventing
and curing them. ~~It was published at the~~
~~request of several respectable citizens of Phil^a~~
- I wish ~~your~~ ^{chiefly} ~~gentlemen~~ my pupils to be
impressed with a sense of the destructive
effects of Ardent Spirits used as medicines.
- They ~~have~~ ^{have} lately composed a part of the
Materia medica of Dr Brown. Thousands =
50 to p 226.

Said formerly: I wished my pupils to
be distinguished by their attention to
the pulse in prescribing for diseases.
- ~~with~~ with equal solicitude I wish
them to be distinguished for their disuse of
Audent Spirits in every part of the world.
Should you ^{quit: All} ~~who~~ ~~you~~ ~~as~~ therefore, ~~as~~ ~~you~~ ~~mean~~
who calls himself a physician with ~~used~~ ^{with}
rose and ~~and~~ buds on his face, lifting ~~a~~
a tumbling hand a tumbler or bowl of
grog to his lips ^{in a sick room or a tavern} And should he say
he had attended these lectures, tell the
world he is ^{either} an impostor - or an Apoc-
- late. He belongs to the Old School in
medicine. I disown him as ^{Go to p 228 of 12th b.}
a pupil, or a believer in my ^{principles} system
of medicine.

